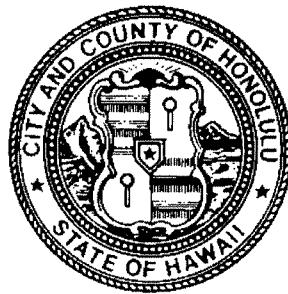


## **DRIVER TAILGATE LESSON PLAN**

# **How To Improve Your Seeing Habits**



CITY AND COUNTY OF HONOLULU  
DEPARTMENT OF HUMAN RESOURCES  
Division of Industrial Safety and Workers' Compensation

# **IMPROVING YOUR SEEING HABITS**

## **NEAR MISSES IN TRAFFIC MEAN POOR SEEING HABITS**

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IT IS **EASY** TO LEARN HOW TO IMPROVE YOUR SEEING HABITS. WHAT IS DIFFICULT, IS **CHANGING YOUR PRESENT SEEING HABITS**. WE GET USED TO THE WAY WE NOW LOOK AT TRAFFIC, AND IT IS HARD TO CHANGE TO A NEW WAY. CHANGING YOUR PRESENT SEEING HABITS WILL TAKE TIME AND LOTS OF PRACTICE. THE ONLY WAY YOU CAN CHANGE AN OLD HABIT FOR A NEW ONE IS BY **PRACTICE, PRACTICE, AND MORE PRACTICE**. BUT IT IS WELL WORTH THE EFFORT TO ACQUIRE A NEW HABIT THAT WILL HELP PREVENT VEHICLE ACCIDENTS AND IMPROVE YOUR DRIVING SKILLS.

## **CAUSES OF ACCIDENTS**

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THERE ARE THREE MAIN CAUSES OF ACCIDENTS DURING DAYLIGHT HOURS:

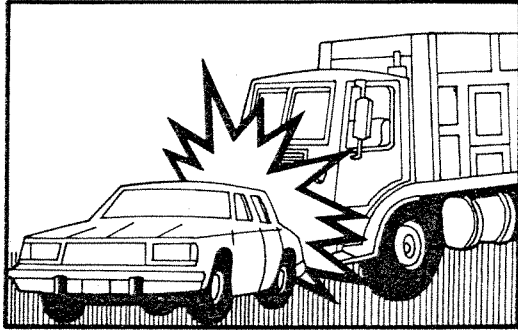
1. CAR IN FRONT SLOWS DOWN OR STOPS SUDDENLY (REAR END COLLISION);
2. CAR ENTERING THE PATH OF ANOTHER CAR (SIDE COLLISION);
3. CAR CHANGES LANES OR DRIFTS OUT OF PROPER LANE (COLLIDING AND SIDESWIPING).

THERE ARE ONLY TWO REAL CAUSES OF ACCIDENTS DURING NIGHT TIME HOURS:

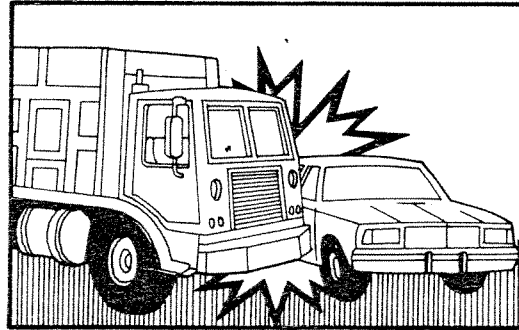
1. CAR IN FRONT SLOWS DOWN OR STOPS SUDDENLY;
2. CAR CHANGES LANES OR DRIFTS OUT OF PROPER LANE.

IN ALL INSTANCES, THE HEAD-ON COLLISION IS THE MOST SERIOUS.

IT IS EASY TO SEE FROM THE CAUSES OF BOTH DAY AND NIGHT ACCIDENTS THAT SPEED AND DIRECTION CHANGES ARE THE TWO MAIN PROBLEMS EVERY DRIVER FACES.



***Speed changes***



***Direction changes***

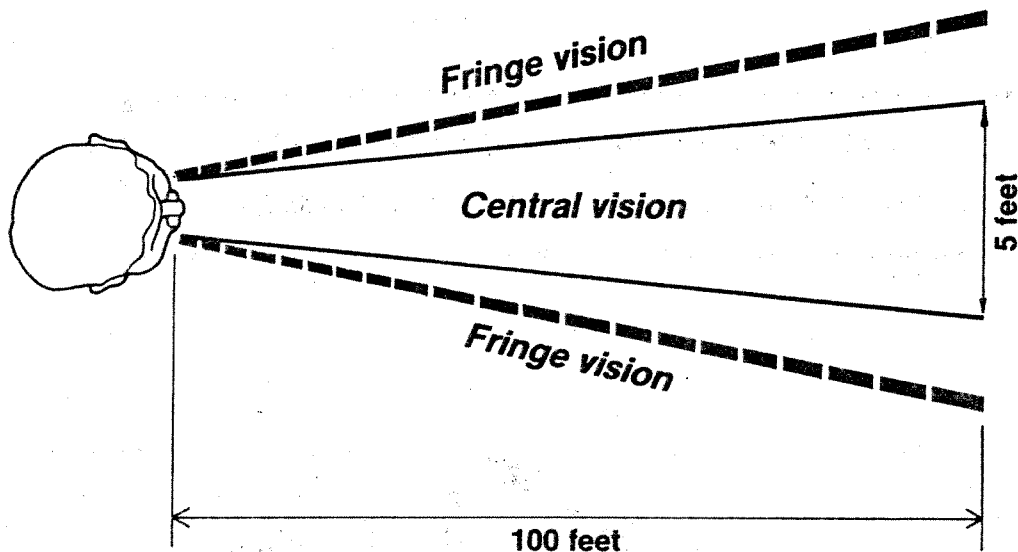
AS A **PROFESSIONAL DRIVER** YOU ALREADY HAVE DEVELOPED EXCELLENT DRIVING SKILLS:

1. YOU KEEP A SAFE FOLLOWING DISTANCE;
2. YOU ADJUST YOUR SPEED TO TRAFFIC CONDITIONS;
3. YOU GIVE EARLY WARNING SIGNALS TO OTHER DRIVERS.

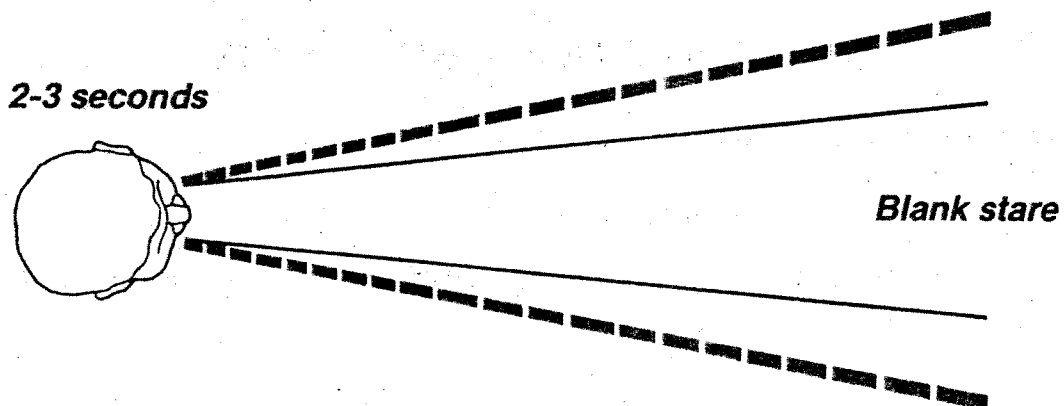
BUT HAVE YOU DEVELOPED GOOD SEEING HABITS? HAVE YOU LEARNED HOW TO USE YOUR EYES IN DIFFERENT WAYS TO **AVOID** THOSE NEAR MISSES AND ACCIDENTS? HAVE YOU HAD YOUR EYES CHECKED RECENTLY? DO YOU HAVE EYE PROBLEMS? IF YOU HAVE BLURRY VISION . . . A HARD TIME SEEING . . . YOU SQUINT A LOT . . . YOUR EYES WATER A LOT . . . **GO SEE YOUR DOCTOR.** MOST EYE PROBLEMS CAN BE CORRECTED WITH GLASSES.

## HOW YOUR EYES WORK

IF YOU LOOK AT SOMETHING 100 FEET AWAY, YOUR **CLEAR VISION** IS **ONLY 5 FEET WIDE**. THIS MEANS YOU DON'T SEE VERY MUCH EVEN AT A DISTANCE OF 100 FEET. THIS CLEAR AREA THAT YOU SEE 100 FEET AWAY IS CALLED YOUR **CENTRAL VISION**. EVERYTHING ELSE YOU SEE IS CALLED YOUR **FRINGE VISION**.

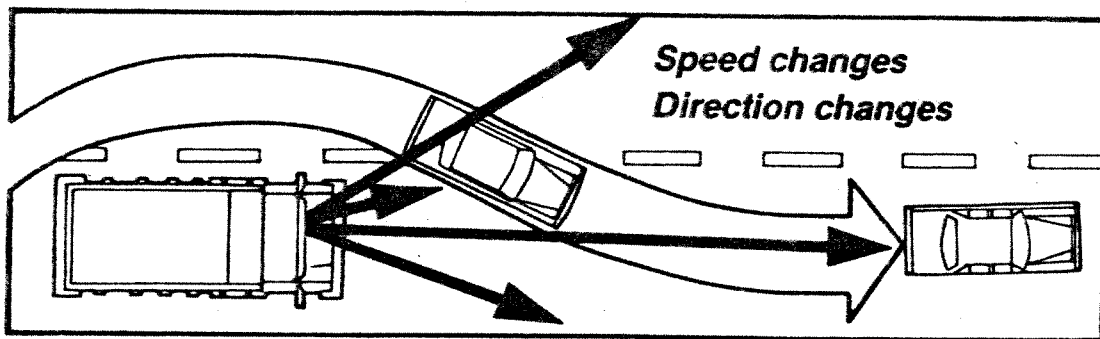


YOU SEE MUCH MORE WITH YOUR FRINGE VISION THAN YOU SEE WITH YOUR CENTRAL VISION. HOWEVER, THERE IS A PROBLEM WITH **CENTRAL VISION**. IF YOU STARE AT ANYTHING FOR MORE THAN 2-3 SECONDS, YOU LOSE YOUR FRINGE VISION AND DEVELOP A **BLANK STARE**. ONCE YOU DEVELOP A **BLANK STARE**, YOU ARE **ALMOST BLIND** TO ALL TRAFFIC HAZARDS.



IF YOU USE ONLY YOUR **CENTRAL VISION** AND DEVELOP A **BLANK STARE**, YOU WILL NOT BE ABLE TO DETECT SPEED CHANGES AND DIRECTION CHANGES OF OTHER VEHICLES. REMEMBER, SPEED AND DIRECTION CHANGES ARE THE TWO MAJOR PROBLEMS A DRIVER FACES IN AVOIDING NEAR MISSES AND ACCIDENTS. SINCE YOUR CENTRAL VISION IS A VERY SMALL PART OF WHAT YOU SEE, YOU MUST DEVELOP GOOD SEEING HABITS TO MAINTAIN YOUR FRINGE VISION AND PREVENT A BLANK STARE.

***ONLY YOUR FRINGE VISION WILL TELL YOU WHAT SPEED  
AND DIRECTION CHANGES THE OTHER DRIVER IS MAKING.***



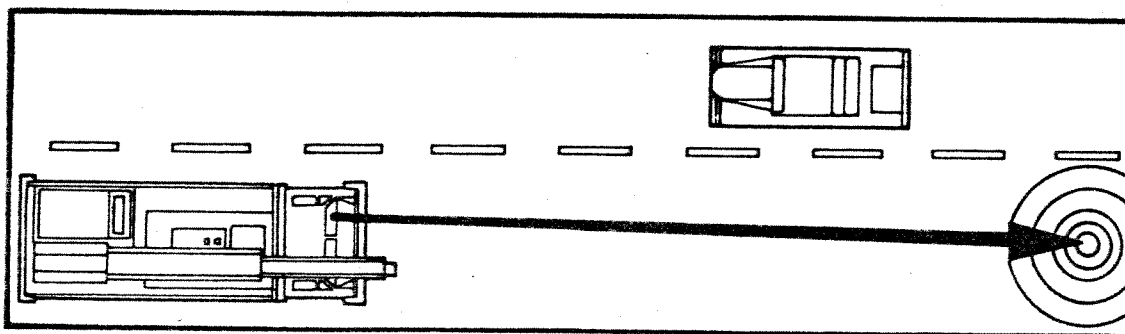
## **DEVELOPING NEW SEEING HABITS**

THERE ARE FIVE AREAS TO CONSIDER IN DEVELOPING NEW SEEING HABITS:

1. **AIM HIGH.** YOUR FIRST CONSIDERATION IS TO FIND A SAFE PATH FOR YOUR VEHICLE TO FOLLOW. AIMING HIGH MEANS YOU MUST **LOOK AHEAD AND AIM FOR THE CENTER OF**

**YOUR LANE.** THIS WILL ALLOW YOU TO KEEP YOUR VEHICLE IN THE **MIDDLE OF YOUR LANE.** FOR NIGHT DRIVING, YOU ALSO NEED TO AIM HIGH. WHEN YOU CANNOT SEE BEYOND YOUR HEADLIGHTS, SLOW DOWN UNTIL YOU CAN.

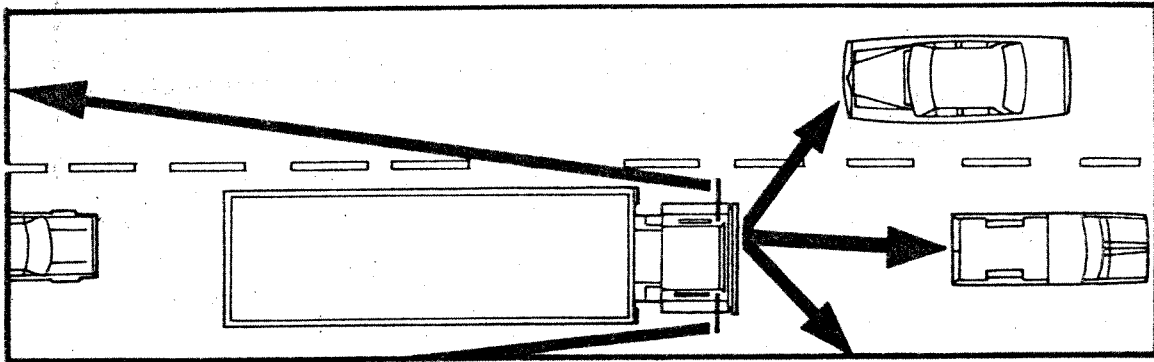
***AIM HIGH BY LOOKING AHEAD AND AIMING THE CENTER  
OF YOUR VEHICLE TOWARDS THE BULLSEYE IN THE  
CENTER OF THE LANE AHEAD OF YOU.***



- 2. GET THE BIG PICTURE.** AS YOU MOVE THROUGH TRAFFIC YOU ARE CONSTANTLY ENTERING NEW AREAS AND SITUATIONS; EACH ONE PRESENTING A NEW AND DIFFERENT PICTURE. **THE BIG PICTURE** CONTAINS STATIONARY OBJECTS THAT CAN BE HIT SUCH AS LAMP POLES, PARKED VEHICLES, AND OBSTRUCTIONS . . . AND MOVING OBJECTS SUCH AS PEOPLE ON FOOT, IN VEHICLES, ON BICYCLES AND MOTORCYCLES . . . PEOPLE THAT CAN WALK, DRIVE OR

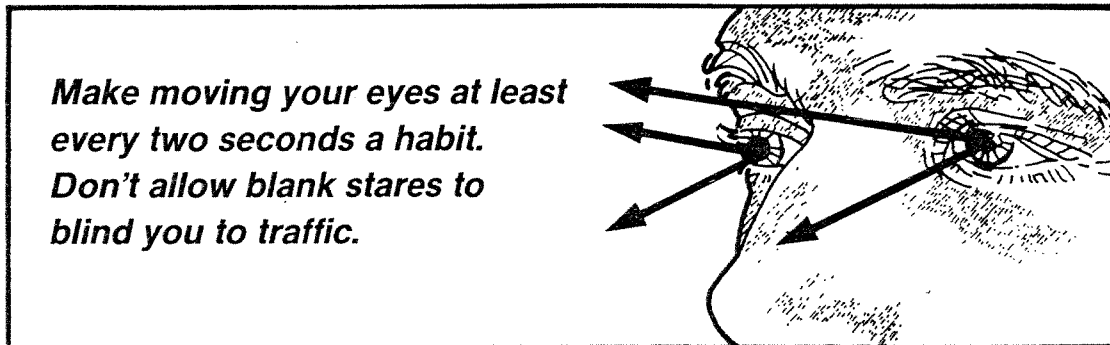
RIDE INTO THE PATH OF YOUR VEHICLE. **THIS BIG PICTURE** ALSO CONTAINS INSTRUCTIONS, WARNINGS AND TRAFFIC CONTROL DEVICES THAT MUST BE SEEN AND FOLLOWED.

***YOU CAN GET THE BIG PICTURE BY OBSERVING  
EVERYTHING AHEAD, ABOVE, TO THE SIDE, AND  
BEHIND YOU. BY USING YOUR MIRRORS AND FRINGE  
VISION YOU WILL BE ABLE TO SEE AND ANTICIPATE  
SPEED AND DIRECTION CHANGES.***



3. **KEEP YOUR EYES MOVING.** MOVE YOUR EYES AT LEAST EVERY TWO SECONDS TO AVOID GETTING A BLANK STARE. REMEMBER, STARING AT ANYTHING FOR MORE THAN TWO SECONDS WILL CAUSE YOUR FRINGE VISION TO DISAPPEAR. YOU WILL NOT BE ABLE TO JUDGE THE SPEED OR DIRECTION OF MOVING OBJECTS AROUND YOU. YOU WILL BE **BLIND TO TRAFFIC**. AS YOU MOVE YOUR EYES, BE SURE TO LOOK AT YOUR REAR AND SIDE VIEW MIRRORS ONCE EVERY FIVE OR SIX SECONDS. THEY ARE AN IMPORTANT PART OF GETTING THE BIG

PICTURE. YOU NEED TO KNOW WHAT'S GOING ON ALL AROUND YOU TO AVOID NEAR MISSES AND POTENTIAL ACCIDENTS.



4. **LEAVE YOURSELF AN OUT.** BY WATCHING TRAFFIC CONSTANTLY AND USING BOTH YOUR CENTRAL AND FRINGE VISIONS, YOU CAN HAVE A WAY OUT OF ALMOST ANY EMERGENCY THAT MIGHT DEVELOP. HERE ARE SOME DO'S AND DON'TS:

**DO**

- KEEP A SAFE FOLLOWING DISTANCE.
- KEEP A "SAFETY ZONE" BY STAYING CLEAR OF THE VEHICLE ALONGSIDE OF YOU (SPEED UP OR FALL BACK).
- WHILE IN HEAVY TRAFFIC, LOOK AHEAD FOR FREE FLOWING LANES. MAKE SURE THE NEXT LANE IS CLEAR BEFORE CHANGING LANES.

**DO NOT**

- TAILGATE.
- DRIVE SIDE-BY-SIDE WITH ANOTHER VEHICLE FOR ANY DISTANCE.
- SPEED UP TO GET BEHIND THE VEHICLE IN FRONT OF YOU.

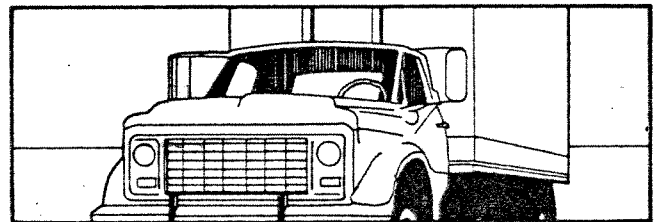
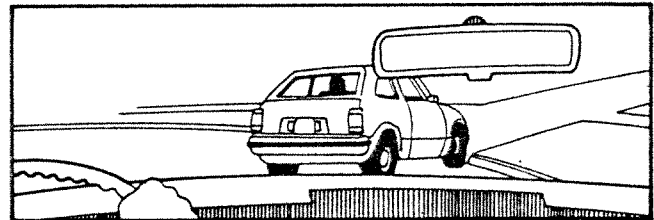
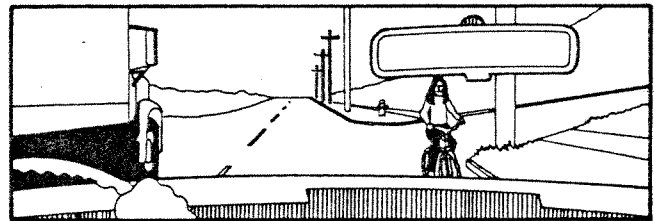
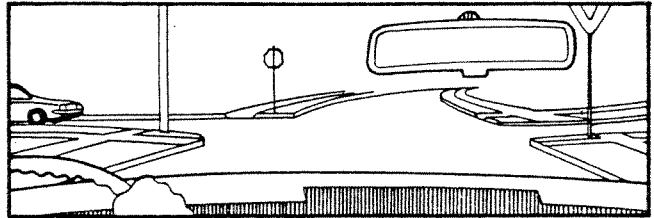
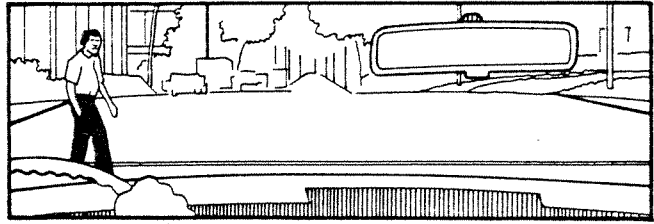
**LEAVE YOURSELF AN OUT. BE PREPARED  
FOR ANY POSSIBLE EMERGENCY.**



5. **MAKE SURE OTHERS SEE YOU.**

HERE ARE SOME GOOD WAYS TO MAKE SURE OTHERS SEE YOU:

- A. USE TURN SIGNALS.
- B. TAP THE BRAKE PEDAL SO BRAKE LIGHTS FLASH WHILE SLOWING DOWN.
- C. DON'T MOVE INTO AN INTERSECTION UNTIL YOU ARE **SURE** IT IS CLEAR. WHEN YOU CAN'T SEE AROUND AN OBSTRUCTION, **CREEP FORWARD** UNTIL YOU CAN SEE.
- D. SIGNAL FIRST BEFORE CHANGING LANES, THEN CHECK YOUR MIRRORS AND **SLOWLY** INCH OVER. THIS WILL GIVE ANYONE BEHIND **YOU THAT YOU DIDN'T SEE**, TIME TO AVOID AN ACCIDENT.
- E. BE SURE PEDESTRIANS SEE YOU. USE YOUR HORN IN A FRIENDLY MANNER. ABOVE ALL, **SLOW DOWN** FOR PEDESTRIANS AND ESPECIALLY CHILDREN PLAYING ON THE SIDEWALK.



**MAKE SURE THEY SEE YOU.**

## **GOOD SEEING HABITS CAN BE EXPRESSED ANOTHER WAY:**

1. **YOU HAVE A STEERING LOOK** -THIS LOOK SHOWS YOU WHERE TO GO. IT'S THE SAME THING AS **AIM HIGH**.
2. THERE IS THE **DETECTION LOOK** - THIS IS WHERE YOU LOOK FOR ANYTHING THAT MIGHT CAUSE YOU PROBLEMS. IT'S THE SAME AS **SEEING THE BIG PICTURE**.
3. FINALLY THERE IS THE **TIMING LOOK** - THIS CONSISTS OF CONSTANT GLANCES WITH YOUR FRINGE VISION THAT PROVIDES YOU THE SPEED AND DIRECTION OF MOVEMENT OF OTHER VEHICLES. IT'S THE SAME THING AS **KEEPING YOUR EYES MOVING**.

**AN ALERT PROFESSIONAL DRIVER IS ABLE TO AVOID PREVENTABLE ACCIDENTS AND NEAR MISSES BY DEVELOPING AND PRACTICING PROPER SEEING HABITS.**